Year 6 Reading Assessment
Marking Scheme - Non-Fiction
1. According to the introduction, how many people in the UK are estimated to be going jogging at least once a week?

   **Six million people**

   **Marks:** 1
   **Notes:** Content domain: 2b—retrieve and record information/identify key details from fiction and non-fiction. Award 1 mark for the correct answer.

2. Look at the ‘Beginner’s Guide’
   Find and copy the information to complete this table with the correct amounts of time.

<table>
<thead>
<tr>
<th>Gentle warm-up before each activity</th>
<th>5 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start by walking any amount that feels comfortable</td>
<td>10–30 minutes</td>
</tr>
<tr>
<td>Short running intervals to begin including</td>
<td>1 or 2 minutes</td>
</tr>
<tr>
<td>Cool down by walking or gently stretching</td>
<td>5–10 minutes</td>
</tr>
</tbody>
</table>

   **Marks:** 2
   **Notes:** Content domain: 2b—retrieve and record information/identify key details from fiction and non-fiction. Award 2 marks for all four answers filled out correctly.

3. Look at the sentence: *It is always a good idea to build your fitness gradually.*
   What does the word *gradually* tell you?

   **Gradually means slowly or a little at a time.**

   **Marks:** 1
   **Notes:** Content domain: 2a—give/explain the meaning of words in context. Award 1 mark for any answer that shows understanding of the meaning.

4. Look at the section ‘Staying Motivated’.
   Which of these ideas are suggested in the text to help with motivation?

   - Set yourself regular targets
   - Run with a friend or group
   - Run once every week
   - Mix up routes and distances

   **Marks:** up to 2
   **Notes:** Content domain: 2b—retrieve and record information/identify key details from fiction and non-fiction. Award 2 marks for all four options correctly ticked. Award 1 mark for 2 or 3 options correctly ticked.
5. **What does the guide suggest you might write in a running diary?**

Award one mark for any of the following:
- route
- distance
- time
- how you felt

**Content domain:** 2b—retrieve and record information/identify key details from fiction and non-fiction

**Award 1 mark** for a correct answer.

6. **Look at the section ‘Different Distances and Types’**

Draw lines to match up the headings with the correct explanations.

<table>
<thead>
<tr>
<th>Track Running</th>
<th>Over specified distances on an oval running track.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Road Running</td>
<td>Safely on pavements or in events where roads are closed to all vehicle traffic.</td>
</tr>
<tr>
<td>Cross Country Running</td>
<td>Over open or rough terrain which may include grass, mud, woodlands, hills or water.</td>
</tr>
</tbody>
</table>

**Content domain:** 2b—retrieve and record information/identify key details from fiction and non-fiction

**Award 1 mark** for lines correctly drawn.

7. **Look at the sentence: ‘This could be running safely along pavements.’**

Why does the author use the word ‘safely’ in this section?

The section is about ‘road running’ so the author is trying to keep the runner safe.

**Content domain:** 2d—make inferences from the text/explain and justify inferences with evidence from the text

**Award 1 mark** for any mention of: extra care or caution should be taken when running near roads. More care is needed when running on pavements due to the danger passing traffic and/or pedestrians compared to running on a track or in open terrain.

8. **What is the distance given for a half marathon?**

13.1 miles

**Content domain:** 2b—retrieve and record information/identify key details from fiction and non-fiction

**Award 1 mark** for the correct answer.

9. **Look at the section ‘Specialist Gear and Gadgets’**

Explain why a good pair of running shoes are the most important equipment recommended for running?

- Reduce the risk of injury
- Avoid slipping and sliding that can lead to blisters
- Reduce amount of shock that travels up your leg

**Content domain:** 2d—make inferences from the text/explain and justify inferences with evidence from the text

**Award 1 mark** for any correctly given answer.
10. Identify one other item of equipment that the author suggests for ‘as your running advances’.

<table>
<thead>
<tr>
<th>digital sports watch</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>or heart-rate monitor</td>
<td></td>
</tr>
</tbody>
</table>

**Content domain:** 2d—make inferences from the text / explain and justify inferences with evidence from the text

**Award 1 mark** for any correctly given answer.

- Do not accept technical sports fabric.


The author encourages children to ‘make your first rule to be running for fun’.

What is the purpose of this statement?

| To help children view running as an enjoyable activity | 1 |

**Content domain:** 2d—make inferences from the text / explain and justify inferences with evidence from the text

**Award 1 mark** for the correctly ticked box.

12. Find and copy a word that means: providing satisfaction or offering a worthwhile experience:

| rewarding | 1 |

**Content domain:** 2a—give / explain the meaning of words in context

**Award 1 mark** for the correct answer.

13. Based on the whole text, how does the author encourage people to take up running?

Give two examples.

- running is free / doesn’t have to cost anything
- you can do it almost anywhere
- has many potential health benefits (e.g. improve fitness, reduce illness, maintain healthy lifestyle)
- exciting challenge
- doesn’t have to require much equipment
- can be rewarding and enjoyable (without any competition)

**Content domain:** 2c—Summarise main ideas from more than one paragraph

**Award 1 mark** each for any two examples from the listed suggestions.
<table>
<thead>
<tr>
<th>14.</th>
<th>What evidence is there to suggest that this text is aimed at people who are not already regular runners or thinking of trying it for the first time?</th>
</tr>
</thead>
</table>
|     | • includes a beginner’s guide  
|     | • ‘if you’ve never been a runner’ / ‘if you’re totally new to running’  
|     | • provides advice on starting by just walking  
|     | • gives guidance on equipment required to get started |
| 1   | **Content domain:** 2d–make inferences from the text / explain and justify inferences with evidence from the text  
|     | **Award 1 mark** for any example given. |
|     | Total 17 |